



4-6 Months	Infant Cereals
6-8 Months	Vegetables Fruits Juices
8-10 Months	Meats Protein Foods Finger Foods
10-12 Months	Foods From Family Meals

## Guide For Good Eating – 0-12 Months

This guide is to help you know how much of what food to offer your baby every day. Your baby may eat more or less than these amounts.

### ■ Birth-4 months

**Breastfeed:** Birth-4 weeks: 8-12 or more feedings daily  
1-4 months: 6-10 or more feedings daily  
**Breastmilk or iron-fortified formula:** 14-43 ounces daily

### ■ 4-6 months

**Breastfeed:** 6-8 or more feedings daily  
**Breastmilk or iron-fortified formula:** 27-49 ounces daily  
**Infant cereal:** 1-8 tablespoons daily. Give it to baby from a spoon.



### ■ 6-8 months

**Breastfeed:** 4-6 or more feedings daily  
**Breastmilk or iron-fortified formula:** 27-32 ounces daily  
Start to offer breastmilk or formula from a cup.  
**Infant cereal:** 4-8 tablespoons daily  
**Vegetable:** 4-8 or more tablespoons daily, strained, pureed or mashed  
**Fruit:** 4-8 or more tablespoons daily, strained, pureed or mashed  
**Fruit Juice:** 2-4 ounces daily, from a cup

### ■ 8-10 months

**Breastfeed:** 4-6 or more feedings daily  
**Breastmilk or iron-fortified formula:** 24-32 ounces daily  
Continue to offer breastmilk or formula from a cup.  
**Infant cereal:** 4-8 or more tablespoons daily  
**Other Grain Products:** Crackers, small pieces of toast or zwieback 2-3 times daily  
**Vegetable:** 4-8 or more tablespoons daily, mashed or finely chopped  
**Fruit:** 4-8 or more tablespoons daily, mashed or finely chopped  
**Fruit Juice:** 4 ounces daily, from a cup  
**Meat/Protein:** 1-6 tablespoons daily, ground or finely chopped meats, egg yolks, or cooked and mashed dried beans

### ■ 10-12 months

**Begin chopped cooked foods** from family meals like green beans, peas, potatoes, carrots, lean ground meats, peeled soft fruits, or cooked dried beans.  
**Breastfeed:** 4-6 or more feedings daily  
**Breastmilk or iron-fortified formula:** 24-32 ounces daily  
Increase cup feedings, decrease bottles.  
**Bread, Cereal and Other Grains:** 3-4 times daily, ½ slice of bread, ½-cup cereal or other grain products  
**Vegetable:** 6-8 tablespoons daily, chopped  
**Fruit:** 6-8 tablespoons daily, chopped  
**Fruit Juice:** 4 ounces daily, from a cup  
**Meat/Protein:** 2-8 tablespoons daily, chopped

Adapted from the Louisiana WIC Program nutrition education materials and may not be revised or reproduced without permission from the Louisiana WIC Program.

Department of Health and Family Services  
Division of Public Health  
POH 4910 (09/98) State of Wisconsin

